

**During a  
crisis.**



**Talk to people  
you trust.**

[https://www.jeffersoncountywi.gov/departments/  
human\\_services/departments\\_services/emergency  
\\_mental\\_health\(emh\)/index.php](https://www.jeffersoncountywi.gov/departments/human_services/departments_services/emergency_mental_health(emh)/index.php)

Think about reaching out  
to friends and family or  
your community.